

CARELINK

issue 82 | spring 2012 | FREE

CARER INFORMATION DAY

This year's Carer Information Day will be held at

**Stockport Town Hall on
Tuesday 19th June, from 10am – 3pm**

Once again there will be over 60 organisations and charities to give you free advice and information.

Signpost staff will be there as usual and we will also once again be holding our famous FREE raffle for carers – this year the prizes are better than ever!

There will also be a chance to have a free relaxing therapeutic massage – please phone **0161 442 0442** for details.

Last year there were over 500 people who attended, and this year we would like to see even more of you there.



Our Services

www.signpostforcarers.org.uk for more details

Carer Breaks

0161 442 0442

- This project funds a break for a carer 8.30am - 4pm Mon-Fri
- The award can be between £50-£350
- A break can be a holiday, a trip to visit relatives, hobbies, educational courses and much more!

Carer Liaison

0161 442 0442

- Carer Benefit Advice 8.30am - 4pm Mon-Fri
- Completion of forms for Carer Benefits
- Home Visits

Carer Helpline

0161 442 0442

- Carer Support Worker
- Telephone Information & Advice
- Emotional Support & Counselling
- Emergency Planning
- Carelink Magazine / Fact Sheets
- Carer Representation / Carers' Voice

Young Carers

0161 947 4690

- Family Support & Advocacy
- Family Link Service
- Young Carer Support Groups
- One to One Groups
- Young Carer Counselling
- Young Carer Respite Service
- Development & Information Services

Signpost Stockport Management & Heaton's Centre Management

0161 947 4694

8.30am - 4pm Mon-Fri

Carer Information Day

Tuesday 19th June 2012

10.00 am - 3.00 pm

at

Stockport Town Hall

Free admission

Over 60 information & advice stands

People to talk to

Free raffle-every ticket wins a prize

Free therapies

Free refreshments available

Telephone **0161 442 0442**

for more details

Latest on Carer's Allowance

The Government has confirmed in the House of Lords that the eligibility for Carer's Allowance will not be tightened with the introduction of the new disability benefit, the Personal Independence Payment (PIP).

In a response to questions from Peers and a direct question from Baroness Hollis, Lord Freud, Minister of Work and Pensions, stated that both rates of the daily living component of the new PIP would be used as a criterion to determine the entitlement to Carer's Allowance. The clarification from the Minister came after Peers from all sides of the House raised their concerns that the Welfare Reform Bill left the future of Carer's Allowance unclear. The Minister made a commitment to make a statement at the start of the Report stage of the Bill.

The Welfare Reform Bill will replace Disability Living Allowance (DLA) with a new benefit, the PIP. Several elements of the benefit will change and the number of care components will fall from three in DLA to two daily living components in PIP. Entitlement to Carer's Allowance is currently established through a disabled person getting the middle or high rate care component of DLA and there was a real concern that reducing the number of components from three to two in the new disability benefit would squeeze out many carers.

Again – watch this space for further details!

Pat, Celia, Louise, Jennie and welcome to Beryl, our new benefits volunteer – what a star!

Come and join us!



Spring meetings for the Carers' Voice forums will be held on

Wednesday 14th March 2012

at the Quaker Meeting House,
Cooper Street, Stockport SK1 3QL, 1pm-3pm
and

Wednesday 16th May 2012

at St. Peter's Parish Centre,
Green Lane, Hazel Grove SK7 4AE, 1pm-3pm

All Carers Welcome

Carers' Voice meets every two months to discuss and debate current topics, share concerns and pass them on to professionals. Anyone in a caring role is welcome to attend, there are invited speakers and refreshments are served. Meet other carers, relax for a while and your involvement

could well help to make changes happen for carers in Stockport.

Carers' Voice is an independent forum for carers in Stockport. Please contact Glenys Paterson on **0161 442 0442** for further information.



Are you a Stockport Carer who is over 18 and cares for a relative, friend or partner who is over 18 and is ill, disabled confused or frail?

If so, you may be eligible to apply for a **non means-tested** grant of up to **£350** to enable you to take a break from your caring role.

If you have never had a Carers Break grant and you wish to apply, please ring our office on 442 0442



Carer Drop-ins

For information on local services, benefits advice and emotional support

Drop-in Times 10am-1pm

Heald Green Village Hall

Outwood Road, Heald Green
(Every 2nd Thursday in the month)

The Wellbeing Centre

Chestergate, Stockport
(Every last Monday in the month, not Bank Holidays)

**For more information ring
0161 442 0442**



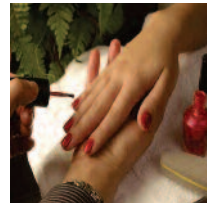
Carer Wellbeing Day

Friday 24th February 2012

Between 11am –2.30 pm

**St Peter's Parish Centre, Green Lane
Hazel Grove, Stockport SK7 4EA**

**Relaxation
Pampering
Starbucks
Buffet Lunch
Information**



All carers are welcome

**This event is free, but due to limited funding,
donations would be appreciated**

For more information ring
0161 442 0442

Stockport Council's **FREE** training for Unpaid Carers

Stockport Council is committed to providing high quality, accessible and enriching training experiences for unpaid carers. We continue to consult with unpaid carers about their training needs, which is reflected in the range of courses now on offer. Our courses are designed to enhance life skills, help those who wish to

return to work and provide skills to support you in your caring role. Courses usually close about 3 weeks before the start date and **pre booking is essential**. Places are allocated on a first come first serve basis. Carers need to be over 18 and care for someone over 18.

Course Date	Course Details	Venue	Time
Monday 06/02/2012 Or Friday 11/05/2012	Aromatherapy & Hand Massage (Taster Session)	1st Floor Charter House Stockport SK1 3SH (Feb)	1.30 - 4.00
Friday 17/02/2012 Or Monday 28/05/2012	Aromatherapy & Hand Massage (Follow on full day) Must have attended a previous taster session	Disability Stockport, High St., Stockport SK1 1EG (May)	10.00 - 4.00
Tuesday 07/02/2012 Or Wednesday 23/05/2012	Valuing Time Identify how you as an individual use time and learn how to play to your strengths	Fred Perry House Edward Street, Stockport, SK1 3UR	1.30 - 4.30
Wednesday 08/02/2012 or Wednesday 02/05/2012	Developing Resourceful States (Taster) Neuro-Linguistic Programming (NLP) is a model for self-development that seeks to help us change our perceptions of things.	Fred Perry House Edward Street, Stockport SK1 3UR	1.30 - 3.30
Thursday 23/02/2012 or Tuesday 22/05/2012	Developing Resourceful States (Follow on Full Day) Consolidate and build upon your previous learning. Must have attended a taster session previously.		10.00 - 3.30
Monday 13/02/2012 Or	Laughter Therapy Workshop	Cheadle Library Ashfield Road Cheadle, SK8 1BB	1.30 - 3.30
Monday 14/05/2012		Fred Perry House Edward Street, Stockport SK1 3UR	1.30 - 3.30

Course Date	Course Details	Venue	Time
Wednesday 15/02/2012 Or Wednesday 16/05/2012	Eat Well, Move More, Live Longer Learn how small changes to diet and activity can make a big difference to your health	Disability Stockport, High St, Stockport SK1 1EG	10.00 – 1.00 10.00 – 1.00
	Living with Technology – 3 part course For those who already have a basic knowledge of computers or have attended the taster session for Computers for the Terrified, Photostory and/or Email/internet . Consolidate the knowledge and take it further.	Bridgehall Community Centre, Siddington Avenue, Bridgehall, Stockport, SK3 8NR	
Monday 20/02/2012 or Monday 11/06/2012	Week 1: How to manage your files and folders effectively		1.30 - 3.30
Monday 27/02/2012 or Monday 18/06/2012	Week 2: Using the Internet and Email to send attachments (e.g. how to resize a photograph to send as an attachment)		1.30 - 3.30
Monday 5/03/2012 or Monday 25/06/2012	Week 3: Using Photostory to bring your digital photographs alive Please note February dates and June dates cannot be combined		1.30 - 3.30
Monday 20/02/2012	First Aid Training Level 1	Fred Perry House Edward Street, Stockport, SK1 3UR	1.30 - 3.00
Tuesday 21/02/2012	Mental Capacity Act & Benefits Advice	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00 - 12.00
Wednesday 07/03/2012	Personal Budgets & Direct Payments	Fred Perry House Edward Street, Stockport, SK1 3UR	1.30 - 3.30
Monday 12/03/2012 or Friday 08/06/2012	Managing Stress	Fred Perry House Edward Street, Stockport, SK1 3UR	1.00 - 4.00

Course Date	Course Details	Venue	Time
Wednesday 14/03/2012	Safeguarding Adults Find out more about Stockport Council's Safeguarding Adults Policy	Fred Perry House Edward Street, Stockport, SK1 3UR	1.30 – 4.00
	Learn How to Relax – 3 week short Course for those who have attended the 'Taster Sessions'.	1st Floor, Charter House Stockport, SK1 3SH	
Friday 16/03/2012 or Friday 15/06/2012	Week 1 – Unwind the body and mind		1.30 - 4.00
Friday 23/03/2012 or Friday 22/06/2012	Week 2 – The therapeutic benefits of calm and self help for better sleep		1.30 - 4.00
Friday 30/03/2012 or Friday 29/06/2012	Week 3 – Positive thinking and self help strategies Please note March and June dates cannot be combined		1.30 - 4.00
Thursday 22/03/2012	Paper Mosaic	Disability Stockport, High St, Stockport SK1 1EG	2.00 – 4.00
Or Wednesday 13/06/2012		Fred Perry House Edward Street, Stockport, SK1 3UR	10.00- 12.00
Tuesday 27/3/2012	Understanding Behavior Brain, behavior and beyond in dementia	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00 – 1.00
Wednesday 28/03/2012 or Monday 23/06/2012	I'M OK, You're OK The importance of Assertive Communication	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00 - 12.30
Monday 02/04/2012	Learn How to Relax Taster Session	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00- 12.30
Monday 23/04/2012	Understanding Self Identify your personality type	Fred Perry House Edward Street, Stockport, SK1 3UR	9.30 - 12.30

Course Date	Course Details	Venue	Time
Wednesday 18/04/2012	Computers for the Terrified Taster Session	Bridgehall Community Centre, Siddington Avenue, Bridgehall, Stockport, SK3 8NR	10.00 - 12.00
Thursday 19/04/2012	Moving & Positioning How to protect your back	Stockport College SK1 3UQ	10.00- 2.00
Friday 13/04/2012	Art with Heart Origami	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00- 12.00
Tuesday 24/04/2012	Mindfulness Stop Doing and Start being	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00- 3.30
Wednesday 25/04/2012	Internet/Email Taster Session	Bridgehall Community Centre, Siddington Avenue, Bridgehall, Stockport, SK3 8NR	10.00- 12.00
Tuesday 03/04/2012	Asthma Awareness Training	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00 - 11.30

**Courses shaded in BLUE form part of a Personal Development Programme for Unpaid Carers, "COPING WITH CARING"
Attend four or more of these sessions to qualify for a certificate**

If you require more detailed information on any of the courses please telephone Julie Gibson on **07527 387374 218 1771**

For a place please apply by phone, e-mail, fax or in writing as below:

Staff Development, 3rd Floor, Stopford House, SK1 3XE

Email staffdev@stockport.gov.uk

Phone: **0161 218 1771**

Fax no: **0161 480 3497**

Venue addresses in full

Fred Perry House, Edward Street, Stockport, SK1 3UR

Bridgehall Community Centre, Siddington Avenue, Bridgehall, Stockport, SK3 8NR

Stockport College, Wellington Road South, Stockport, SK1 3UQ

Disability Stockport, 23 High St, Stockport SK1 1EG

Charter House, (1st Floor), Norbury Street, Stockport, SK1 3SH

Do you look after someone who can't manage on their own because of illness, disability or old age?

Do you find it difficult to attend your own medical appointments because you can't leave the person you care for?

Then our FREE
“Back Me Up”

service may be able to help you!

Get in touch and we can arrange for a professional care worker to take over your caring role for a few hours to allow you to attend your medical appointments, *even those last minute ones!*

To to find out more
please contact Signpost on:
0161 442 0442



Do you look after somebody?

Would you like a break and time to yourself?

Crossroads Care is
Britain's leading provider
of support for carers and
the people they care for.

We work with over 35,000
individuals and their families,
helping carers to make a life of
their own outside caring. We
provide the special quality of
care that gives them the peace
of mind to let someone else
step into their shoes.

We are a national network of
local charities and Crossroads
Care in Greater Manchester is
your local branch. We employ
trained professionals providing
flexible services to people of all
ages and with a range of
disabilities and health
conditions.



As a charity, our focus is on
people not profit.

**If you are a carer and you
would like to find out more
about how Crossroads Care
can help, please contact
our team for an informal
chat on 0161 432 7712
or email:
stockport@gmcrossroads.co.uk**

www.gmcrossroads.co.uk



STOCKPORT CARE SCHEMES

Stockport Care schemes are situated in four main areas of Stockport

(& expanding to other areas in the future) –

Edgeley, Woodsmoor, Cheadle Heath, Davenport, Cale Green, Shaw Heath 0161 426 5128

Gatley, Cheadle, Heald Green 0161 426 5142

Offerton & Central Stockport 0161 477 8782

Reddish, Heaton Norris, Heaton Chapel & Heaton Moor 0161 476 2812

We are able to introduce volunteers to people who need a little extra help and support. we can provide:

Transport to take people to medical appointments for people with poor mobility inc hospitals, dr's, dentists & opticians

Personal shoppers – to assist people with shopping and essential errands as a one off or on a regular basis

Befrienders – to assist those who may feel lonely or isolated with a weekly visit and a friendly chat

Carer's support – we are able to support carers by providing a volunteer to sit with a person to enable a carer to have a break

Social activity groups – meet new people, enjoy activities, talks and outings

WE NEED YOU!

We always need drivers, group helpers, befrienders and personal shoppers. A couple of hours a week can make a huge difference. We will pay out of pocket expenses and offer training and social activities.

If you are interested, please contact us and we will tell you more.

Age UK Stockport provides a reliable relief to carers of older people through short periods of respite, to undertake those caring tasks normally undertaken by the carer.

The service is designed for older people aged 50+ with a special focus on carers of people with dementia.

A worker from a team of care attendants goes into the home and takes over from the carer for a few hours whilst the carer has a break and some quality time for themselves. Clients can be looked after in their own homes or supported to go out with the carer staff to go for a walk, to the shops or leisure activities.

We offer carer staff that are experienced, flexible and have a sensitive approach. We respond to each client individually and match each individual client with the same carer for continuity.

The service generally operates

between 9am – 5pm, Monday to Friday but some evening and weekend service can also be arranged. Emergency or as and when cover is also available.

Alongside this we provide a support service to people to enable them to remain independent such as companionship, helping with meal preparation, accompanying people to appointments, social outing to the local garden centre shopping or to the local park.

The current charge for this is £11.30 per hour, this is chargeable via invoice on a monthly basis.

For more details, please telephone **0161 480 1211**

Stockport Age UK
Commonweal
56 Wellington Street
Stockport
SK1 3AQ



Parents In Partnership Stockport

Parents in Partnership Stockport (PIPS) is a voluntary group for parents and carers who have children or young people in Stockport with disabilities or additional needs.

PIPS wants to improve services in Stockport for our children and young people.

We work with Parents, Carers, Health, Education, Social Care, PVI Sectors, Children's Workforce and Stockport Children and Young People's Disability Partnership in order to assess, develop, improve and maintain services.

We meet the first Thursday of the month with informal speakers and the opportunity to meet other parents, carers and give your views.

The Heatons Centre

Thornfield Rd, Heaton Moor,
Stockport SK4 3LD

Come and join us -
you will be very welcome.

10am till 12 noon
(refreshments included)

If you would like more
information ring

07786 101 072

or

email: info@pipstockport.org

**The more supporters we
have, the more influence
we will have.**

Please check the website
for the latest details

www.pipstockport.org

Heaton Centre

room hire rates 2012

Signpost Stockport have a range of rooms available for hire at the Heaton Centre. Rooms are available mornings, afternoons and evenings or a combination thereof.

Conference Room

Seats up to 40 people. 45" HD TV with laptop link-up. Internet access available. Flip Chart stand. Refreshments available.

£12 per hour, or £30 per session (morning, afternoon, evening - 3 hours per session)

Carer Lounge

Seats up to 15 people. 3D TV/DVD. Internet access available. Refreshments available.

£10 per hour, or £25 per session (morning, afternoon, evening - 3 hours per session)

Counselling/Meeting Rooms (2)

Seats up to 3 people in each room.

£8 per hour, or £20 per session (morning, afternoon, evening - 3 hours per session)

**** Full disabled access ****

**** Free car parking ****

For more details and to make a booking, please telephone
0161 947 4694

Signpost Stockport for Carers
The Heaton Centre
Thornfield Road
Heaton Moor
Stockport
SK4 3LD

Signpost Young Carers

Are you under 18?

- Do you care for a family member?
- Do they have an illness/disability?
- Do you need someone to talk to?
- Do you need a break from your caring role?

Looking after someone you love can be tough, it also means that a lot of free time is spent caring. If you would like to talk to someone in confidence about your caring role contact us on: **0161 947 4690**



Registered Charity No. 1085727
A Charitable Company limited by Guarantee:
Registered in England No. 4176004

Do you need to take more care of your back?

“As a carer, it is essential that you know how to move the person you care for safely so you don’t hurt yourself or them.”

Signpost can provide you with:

Home visits

Signpost employs a fully qualified trainer and assessor who can give you one to one sessions on safe moving and handling.



Talks to groups

Practical and simple techniques to protect your back.



To find out more:

Contact: **Louise Toal**

(Manual Handling Training and Assessor)

0161 442 0442

The British Bone Marrow Registry

Here at Signpost we are aware that some of the people being cared for in Stockport are waiting for a bone marrow transplant. Therefore we are printing below details of how to become a bone marrow donor, to see if any of you can help the people on the waiting list.

The British Bone Marrow Registry (BBMR) recruits donors from the blood donor population and is run by the National Blood Service. The BBMR is also part of Bone Marrow Donors Worldwide, an organisation with more than 6 million registered donors. This allows them to quickly identify potential donors anywhere in the world.

What happens when I register?

You will be asked to supply a sample of your blood so that your tissue type can be

identified. Your details will then be added to a confidential register and you will be sent a registration card with a unique identification number on it for easy reference. Your details will be held on the registry for as long as you are able to give blood, or until the age of 60.

What happens if I'm identified as a potential donor?

You may be asked to provide a further blood sample so that extra checks on your tissue type can be made. If there is a match and you are selected to donate either blood marrow or stem cells, the procedure will be fully explained to you by a counselling medical officer.

If you would like further information, please telephone:

0300 1 23 23 23

It makes you think...

*Every day on average 20 banks are robbed –
the average take is £1750*

One car out of every 230 made last year was stolen

A violin contains about 70 different pieces of wood

***If you counted non-stop for 24 hours a day, it would
take you 31,688 years to reach a trillion***

*The only 15 letter word spelled without repeating a
letter is 'uncopyrightable'*

***A man named Charles Osborne had
the hiccups for 69 years***



Stockport FLAG (For Local Advice and Guidance)

Free, independent and impartial support and signposting to Stockport adult health and social care services.

Call **0161 474 1042** or visit **www.stockportflag.org.uk**
for more information.

STOCKPORT

Dementia Care Training

There are time-limited information groups for carers of people with dementia. Each series consists of nine sessions, each with one or more speakers on the following topics:

- What is dementia?
- Understanding Behaviour
- Communication
- Legal & Financial Issues
- Accessing Services

- Caring for Yourself
- Continence
- Protecting your Back & Maintaining Mobility
- Activities & Stimulation.

Groups are available mornings and evenings and are held at 'The Meadows' in Offerton.

For more details please telephone **0161 419 6016**

Update your Carers' Emergency Alert Card

If you have registered with the Carers' Emergency Alert Card, then it is important to review and update your details.

Ask yourself the following questions:

- Has your caring situation changed?
- Does the person you care for have a greater need for help and support?

- Can I still use my existing contacts and rely on them in an emergency?
- Does the person I care for still have or does now have any care provision?

If there are any changes to your Carers' Emergency Alert Card enrolment form, please telephone Carecall to update your details on:

0161 218 1655

Donations

We are very pleased and grateful to receive donations from any source. Over the last couple of months we have received donations from the following:

*The Elise Pilkington Charity
Hazel Grove Rotary Club
Hazel Grove Inner Wheel
The Joan Strutt Charity
St James's Place Foundation
Brookdale Social Club
Cheadle Hulme High School
The Stirrup Charitable Trust
The Albert Hunt Trust
Marple Carnival
Bramhall Methodist Church
The Alchemy Foundation
Cheadle Wine Circle*

*Mr & Mrs Spiller
Mr Dunkerley
Mrs Lynch
Mr Lister
Mrs Carr
Mr & Mrs Chilton
Mrs Hartley
Mr & Mrs Lovell
Mr & Mrs Kitchen
Mr & Mrs Ogden
& many others*

If you would like to make a donation to Signpost Stockport to help with the work we do, please contact Signpost on **0161 947 4694** for more details on how your donation will help. Thank you.

**PLEASE DON'T THROW THIS CARELINK AWAY
AFTER YOU HAVE READ IT - RECYCLE IT! :**
**TAKE IT TO YOUR DOCTOR'S SURGERY, DENTAL
SURGERY, HOSPITAL WAITING ROOM, PHYSIOS etc.**
OR GIVE IT TO A FRIEND!



THANK YOU



Mailing List

Please help Signpost keep the mailing list up to date.

If you are no longer a Carer and do not wish to receive any more copies, or are a new Carer, please let us know so that we can amend our records. Telephone us on **0161 442 0442**, or complete the following slip and return it to us.

**Signpost Stockport for Carers
The Heatons Centre
Thornfield Road
HEATON MOOR, Stockport
SK4 3LD**



- I am no longer a Carer and do not wish to receive Carelink anymore
 I am a Carer and wish to go on your mailing list

Please tick as necessary

Name (Mr/Mrs/Miss): _____

Address: _____

Postcode: _____

Telephone: _____

The opinions expressed in the articles in Carelink are not necessarily those of the Board of Trustees, Staff or Members of Signpost Stockport for Carers.

**The Carelink magazine has been part sponsored (with thanks)
and printed by Heaton Press, Heaton Mersey, Stockport**